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AUTHOR Ankenbrand, Larry J.
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ABSTRACT

Directions are given for the construction of a specialized piece of athletic equipment, reminiscent of a standard pool cue, which allows wheelchair-bound persons to participate in bowling activity. (LH)

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Larry J. Ankenbrand

HANDICAPPED: A CUE FOR BOWLING

1979

A popular activity for participants of all ages, regardless of shape, sex, size, and physical condition is bowling. Even the severely physically handicapped can learn to bowl well with little or no modifications. Learning to bowl is an enjoyable experience for the severely physically handicapped which increases their confidence and helps them to think of success in other areas.

Bowling is a non-strenuous game and the skills used in bowling are not too complicated for average performance and enjoyment. The informal nature of the activity provides excellent opportunities for socializing and making new acquaintances.

Bowling helps to achieve self-satisfaction better than most activities since immediate results and self-satisfaction may be gained by knocking down the pins. All the severely physically handicapped need is a little imagination and determination to realize the satisfying joy of accomplishment. The person who is severely physically handicapped learns cooperation, teamwork, tolerance, and the necessity for group interaction. Bowling is an excellent activity to help in developing interests outside of one's self.

Like any skill oriented activity program abilities must be assessed, the conditions causing their needs studied, and the program planned on the basis of such information to make sure each person's needs are met. This must be done if bowling is to achieve its purpose of contributing to the fullest development of all that are involved.

The problem of leisure time is a far more critical one for the severely physically handicapped than for the so-called non-handicapped. This is why it is extremely important for the severely physically handicapped to learn

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how to actively participate in activities that will have carry-over value after they leave school. The high school or college represents a person's last real chance to make many needed adjustments, and to acquire the skills and knowledge of activities that can be incorporated into their daily living. The person who is severely physically handicapped can bowl from a manual wheelchair without any modification if they have the use of at least one of their arms. They would bowl like anyone else with the exception that they would not use an approach. The approach wouldn't be needed because they would be bowling from their chair just behind the foul line.

A wheelchair that has a wheel locking facility is an advantage because it helps keep the wheelchair stationary. The weight of the bowling ball is an important factor, too. A ten or eleven pound ball seems to be the best to use when bowling from the manual chair.

If a person in a manual wheelchair doesn't have enough strength or coordination to roll a ten pound ball down the alley, a "bowling cue" (see diagram) may be used. The "bowling cue" which was developed by the author has proven to be a successful aid and an important asset to certain bowlers who have weak arms and hands. The "bowling cue" is used to push the ball down the alley toward the pins. The "bowling cue" is placed in the thumb hole of the bowling ball when the ball is pushed toward the pins. This can be done with one hand, however, two hands or a guide on the chair will increase the accuracy.

The cue is used in the same manner as in billiards except for the bridge or guide hand. The cue slides through the palm of the hand between the thumb and the index finger when bowling.

Some people have sit upright in their chair and shoved the ball with their

hand motion beginning at shoulder level and ending below the waist. Others lean to the side in the chair and push the ball with their hand motion beginning behind their body and below the waist at all times. This seems to be the better of the two methods for most people.

The "bowling cue" can be easily constructed by any enthusiastic and dedicated instructor willing to put forth the effort. The following equipment will be needed:

1 - Pool cue

1 - 1/4" x 1" wood screw with small washer

1 - 5/8" x 1 1/2" rubber tubing

1 - 1/4" x 3 1/2" carriage bolt with one washer

2 - 3/4" x 1 1/4" rubber tubing

2 - 1/4" x 1 1/4" copper tubing

The main item is a pool cue that is approximately fifty-four inches long. The tip of the cue does not and should not be on the cue for proper results. A good place to check for pool cues is at a billiard parlor. Somethimes they have cues that can't be repaired and are willing to give them to anyone who can use them.

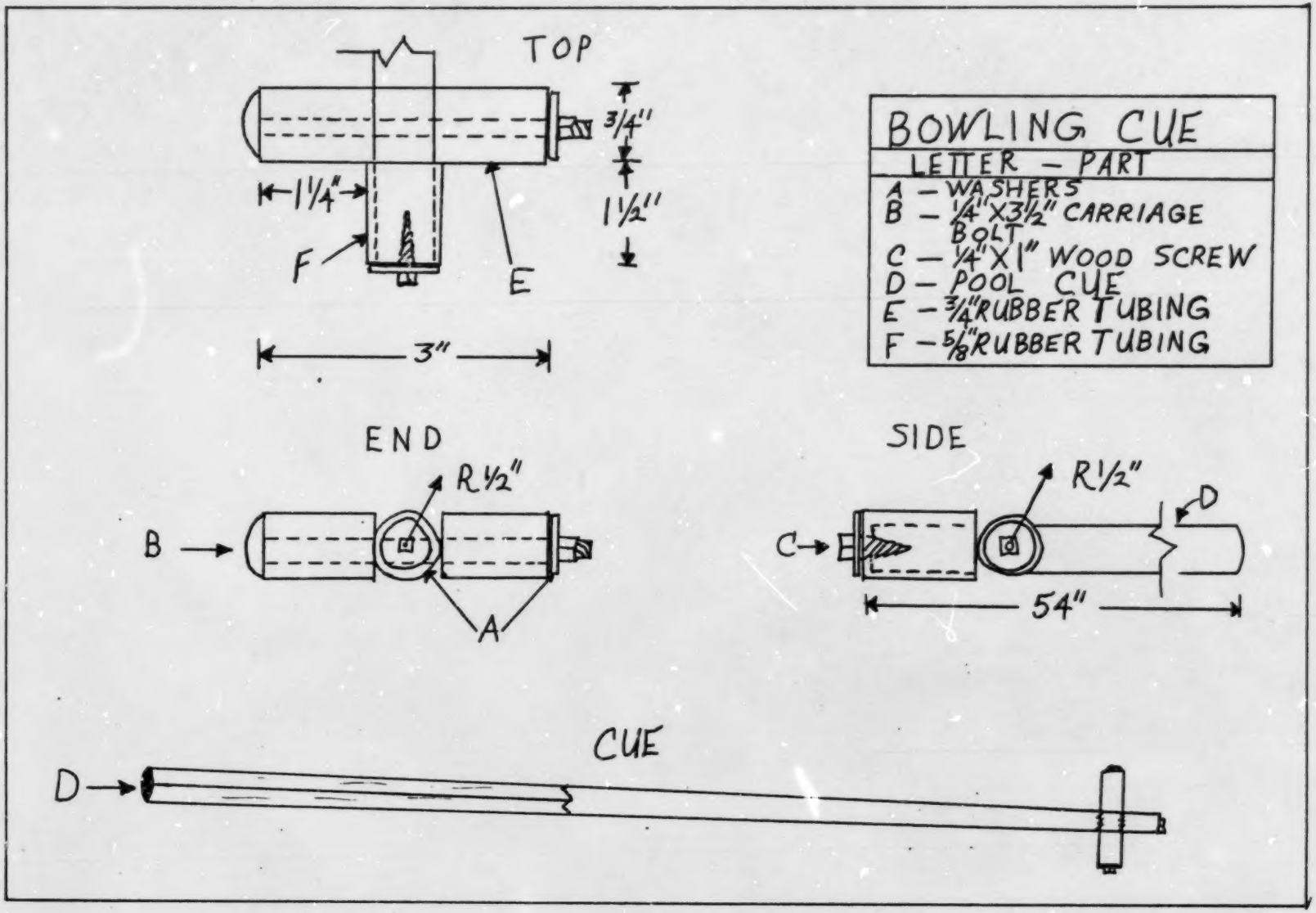
After the pool cue is obtained, measure one and one-half inches up from the tip of the cue and drill a hole one-fourth inch in diameter through the cue. Take a one-fourth by three and one-half inch carriage bolt and put a three-fourth inch piece of rubber tubing one and one-fourth inches long and then put the bolt through the hole in the cue. On the other side of the cue put a one and one-fourth inch of rubber tubing, a washer, and a nut. (See top and end views.) It is desirable to place a one-fourth inch of copper tubing

inside the two pieces of three-fourth inch rubber tubing. This is not manditory, but it will provide more stability and increase the accuracy when bowling.

The last step is to place a five-eighths inch of rubber tubing one and one-half inches long over the tip of the cue and put a one-inch wood screw with a small washer on it in the center tip of the cue. The wood screw and washer will keep the tubing from falling off.

Different degrees of hooks can be put on the ball by rotating the cue to the left or to the right. If the cue is rotated slightly to the left before pushing the ball to the pins, the ball will hook to the left. More rotation of the cue to the left or to the right will make the ball hook more in that direction. Enthusiasm, success, and consistency are three positive assets of the "bowling cue."

If anyone wishes further information or specifications, they may be obtained by writing Dr. Larry J. Ankenbrand, McAfee Gym, Eastern Illinois University, Charleston, Illinois, 61920.


TOP
3/4"
1 1/2"
1 1/4"
F
E
3"
BOWLING CUE
LETTER – PART
A – WASHERS
B – 1/4" X 3 1/2" CARRIAGE BOLT
C – 1/4" X 1" WOOD SCREW
D – POOL CUE
E – 3/4" RUBBER TUBING
F – 5/8" RUBBER TUBING
END
R 1/2"
B
A
SIDE
R 1/2"
D
C
54"
CUE
D